



## The Surf Action 'Community Integration and Wellbeing Project'

This weekend (8<sup>th</sup>/9<sup>th</sup> August) marks the end of our first four, 6-week armed forces community ocean therapy courses at Gwithian funded by:



We had intended to start the project in March 2020 however the Covid-19 pandemic delayed us until the social distancing restrictions were relaxed in July. We then restructured the courses from 8-weeks to 6-weeks due to the delayed start and moved the venue from Praa Sands to Gwithian on the north coast of Cornwall. This has all proved to be highly successful and all four courses were over-subscribed. The only other change we had to make was to move all courses to the morning after the first couple of weeks due to the carpark at Gwithian being full by lunchtime!





By the half-way point the families had all experienced a wide variety of weather and surf conditions and demonstrated superb resilience and teamwork all of which will help keep families strong at this uncertain time.





At the end of this week's water sessions there will be a certificate presentation followed by a community lunch. We are starting two more 6-week courses the following weekend and they are both fully subscribed!

We may be living in uncertain times but with good planning, flexibility and cooperation from everybody we are delighted to have successfully returned to working with, and making a difference to, the armed forces community in 2020.



**Surf Action, Room 6, Carnon Building, Wilson Way, Redruth, Cornwall, TR15 3RS**  
**T: 01209 210350 | Email: [info@surfaction.co.uk](mailto:info@surfaction.co.uk)**  
**[www.surfaction.co.uk](http://www.surfaction.co.uk) | Registered Charity No. 1140191**

